

*White Coats &  
Pickup Trucks...  
Profiles of the Rural  
Physician*

**Getting to  
know you,  
getting to  
know all  
about you**



Photo/Brandon Lovett

*Dr. John Brandon practices  
medicine in Gordo.*

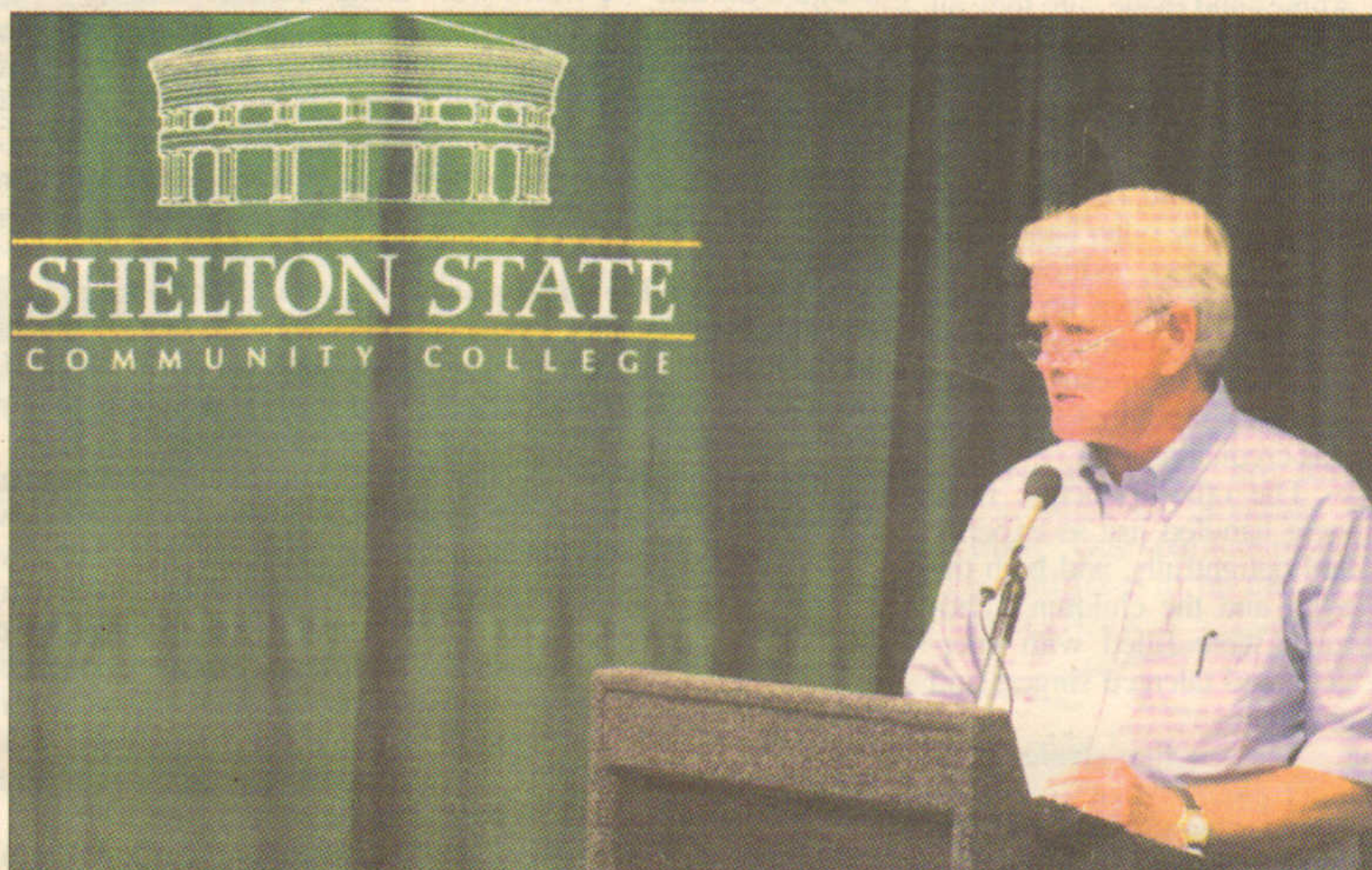
**By Dr. Jim Kenny**  
Publisher

*"Quite frankly, a lot of  
medicine, now, is not about  
writing a prescription but  
about understanding what  
people's problems are..."—  
Dr. John Brandon, rural  
health care practitioner in  
Gordo and professor in  
UA's College of Community  
Health Sciences*

There are many ways to  
get to be a rural healthcare  
practitioner. Every one of  
them starts with being a good  
student who enjoys working  
with people. Something,  
then, turns you to medicine—  
maybe it's a stint in the hospi-

**See Doctors**  
Page 3

## Shelton's \$3 Million Employment Dream for West Alabama



*Shelton alumnus, businessman and philanthropist Roland Pugh talks about the \$3 million capital  
campaign for the Workforce Development Center. Pugh, the honorary chairman of the campaign, is  
working with NBC's Tommy Hester, the chairman of the campaign.*

**By Sherry Snow**  
Staff Writer

If Shelton State and local  
business leaders have their  
way, many West Alabamians  
will soon gain the knowledge  
it takes to improve their lives  
and will feel the power of a  
community behind them.

Shelton is planning to  
establish, before the year is  
out, a \$3 million capital fund  
for its Alabama Workforce  
Development Center. The  
dream and goal of this cam-  
paign, as well as the Center  
itself, is to assist just about  
anyone who wants a job to  
learn the skills to land one. In  
the words of Lew  
Drummond, the director of  
Shelton's endowment, who is  
working daily on the project,

**See Dream**  
Page 4



### Remembering Reagan

Faculty, staff and stu-  
dents take a few moments  
at 10:30 a.m. on June 11  
around the Clock Tower  
to honor Ronald Reagan  
by observing a moment of  
silence and listening to  
the tolling of the bells. The  
40th president died the  
Saturday before.

Many Tuscaloosans  
still remember Reagan's  
visit to T-Town in 1984,  
especially the Big Mac  
attack that he got on the  
way back to the airport.

### Fall tuition to increase \$6 per credit hour

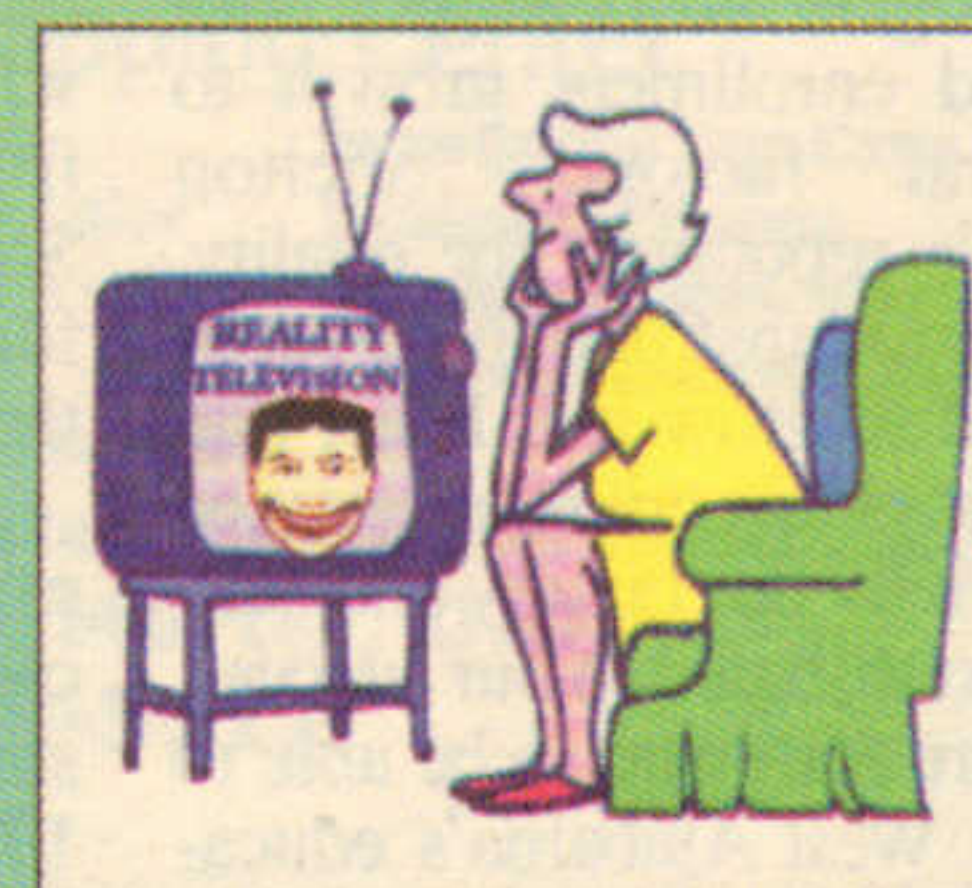
The college has  
announced a \$6 per credit  
hour tuition increase for the  
fall semester. The basic rate  
will now be \$90 per hour.

Dean of Students Tommy  
Taylor said, "It is a reality that  
all colleges and universities  
must take action at times to  
financially strengthen and

**See Tuition**  
Page 6

## Inside The Courier

- The end of reality?...page 2
- Warnings and more warnings...  
pages 4 & 5
- New hobbies to explore... page 7
- And much more!





## Annie proves quite a 'set' piece

In the arts there is a phenomenon called the "set piece."

My favorite is the conversation between Jim and Huck on the raft in *Huckleberry Finn* when they discuss why a Frenchman doesn't talk like a man. You could plop down that hilarious dialogue anywhere spoken by almost anyone and it would be just about as funny.

Theatre Tuscaloosa's production June 17-27 of *Annie* was a set piece in more ways than one.

First of all, to be effective and enjoyable, the play's sets, familiar as they are, have to hit the audience as just right—they must produce that gasp, that "Ahhh" factor. Christopher Dunham's did, especially the marvelous accordion foldout of Daddy Warbuck's office.

Then there's the set challenge of *Annie* herself. Everyone knows what she is supposed to look like and sound like. Rosie Webber does. With a voice, oh, even more so! Webber is so good she almost "tosses off" her role. During a Saturday

evening performance after a matinee turn, one had the feeling she had plenty of gas left in her tank and air in her lungs.

Director Michael Carr assembled quite a supporting cast around the crucial role of Annie—and made sure they all seemed to have as well as project fun. Charles Prosser made for a robust, if not quite the menacing Warbucks of the movie and other productions. On the other hand, he is a true singer, which other shows have given up for the sake of a truly convincing bald head. (The consensus opinion seemed to be that Prosser's was creditable.)

The other principle roles were handled just as expertly and delightfully, and both the adult and the children's choruses were filled with energetic and talented singers and actors.

The absolute challenge of a set piece is that everyone knows what to hope for. The absolute pleasure comes when it is delivered.

—Dr. Jim Kenny

## Shelton State Community College announces record enrollment

President Rick Rogers announced today that Shelton State Community College has once again broken its enrollment record.

There were 9,216 students enrolled in academic, career technical and short-term classes during the spring 2004 semester, an increase of 2,763 students over the spring 2003 semester.

All divisions of the college enjoyed positive growth, with the most significant increase being in short-term technical training.

Rogers attributes this continued enrollment growth to several factors. "Shelton State's reputation for quality, dedicated instruction has continued to grow and I feel that the student oriented service shown by our faculty and staff has contributed to our success. We are fortunate to be able to serve West Alabama's educational and workforce training needs and to be able to continue to offer that education at a

price that is realistic and affordable for all students," Rogers said.

"We continue to show significant increases in our short-term technical programs that place students in the job market quickly," added Rogers.

Interim Dean of Students, Diane Layton noted, "This marks the sixth consecutive year that Shelton State has seen enrollment increases. Our working relationship with area high schools and with four year institutions such as The University of Alabama allows us to present students with a seamless transition from high school to Shelton State, and then either on to further education or out into the workforce."

Shelton State, which expects also expects significant enrollment growth for the summer 2004 term, opened in 1953 and has grown to become one of the three largest schools in the Alabama College System.

# ShelTalk by AnTonio Nevels

## The End of Reality?

Not our reality ladies and gentlemen; I mean the one that revolves around sex, love, and survival.

Well, maybe that does sound a bit like the world we live in, but the reality I'm speaking of involves commercials and only lasts for about 50 or so minutes.

I will be the first to admit that I hate Reality TV. The only show that I've really ever watched was *The Bachelor* and that's only because I wanted to see a football player make a complete and utter fool out of himself.

My opinion is that Reality TV is only hanging on by a thread, but that doesn't mean a thing if I don't have the facts to support my theory.

To support my opinion, I sought the help of fellow students and Shelton faculty and staff.

Of those surveyed, 76 percent said that it isn't must see TV, which contradicts what most networks say.

David Sandy, English instructor, tells us why he doesn't approve of this. "It seems to be dispatching shows with real writing, and the producers take the reality out of the show by manipulating it by keeping 'the bad guy' around just so that the audience will continue to turn in."

Examples of the shows Sandy speaks of are shows such as *The Bachelor* and *The Apprentice* where the villain comes back near the show's

conclusion.

Reality TV's most watched shows, *The Simple Life* and *American Idol*, were voted as the most overrated shows on television.

*Idol* finished in first place receiving 14 percent of the vote while *The Simple Life* received 12 percent. *Survivor* and *The Bachelor* tied for third in the survey receiving 10 percent of the vote each.

The percentages aren't significantly high but for a question that received over 42 responses I feel that they're good enough.

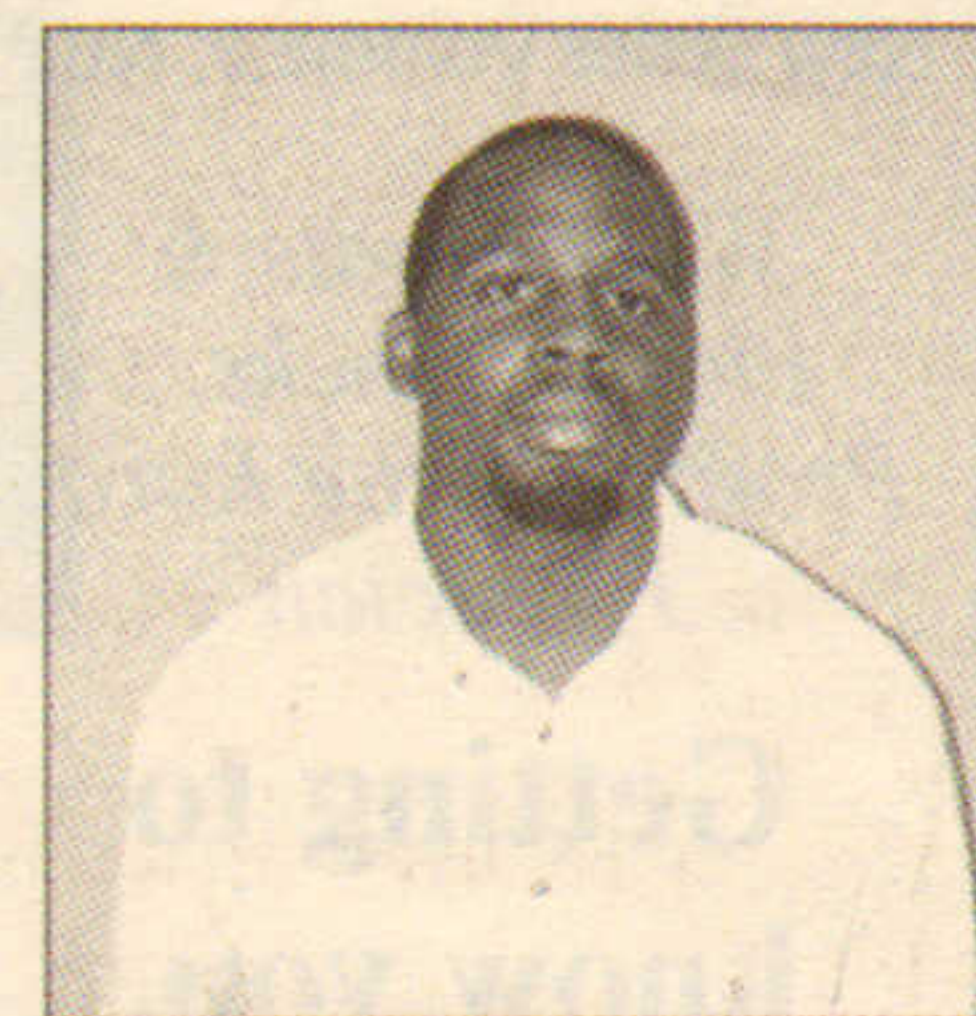
Seeing as how *American Idol* is the most watched show on television, I wanted to get more information to see why it's both loved and hated. Maurice Stuckey, speech instructor, and Kim Smith, LPN instructor, offered both of their opposing viewpoints on the show.

Stuckey said, "I just think that the show has gotten too much exposure. It's sort of like *Who Wants to be a Millionaire* because it started off really popular in the beginning but fizzled out after a while."

Smith says because people get to vote and interact it makes the show more popular and entertaining.

Seeing as how Reality TV is part of pop culture I feel that it's important to include it too.

That is why I asked the questions which actors, actresses, male singers, and



AnTonio Nevels, sophomore at Shelton State

female singers were the most overrated in their respective fields.

Brad Pitt was voted the most overrated male actor with 26 percent of the vote, while Justin Timberlake was voted the most overrated male singer by just nudging out Ruben Studdard by a mere 4 votes.

Actress Jennifer Lopez won by a landslide as the most overrated actress and Britney Spears dominated her field by taking 40 percent of the vote.

Other questions that were asked in the survey will be addressed in later issues of *The Courier*.

I want to thank all of you who participated in this and I couldn't have done it without your help. As for the show that was voted the best on television, *Law & Order* was in a first place tie with the recently departed *Friends*.

*American Idol* was tied for second with *C.S.I.*, *The Simpsons* and *The Sopranos* tied for third.

I believe that the end of Reality TV is sooner than we all think. There's this new show on ABC called *Wife Swap* and apparently complete strangers switch wives. If that isn't the sign of desperation then I don't know what is.



## Shelton State Courier

Editor  
**Amy P. Oswalt**  
Photographer  
**Brandon Lovett**  
Staff Writers  
**the MCM 102 class**  
Publisher  
**Dr. Jim Kenny**  
Business Manager  
**Amy P. Oswalt**

The *Shelton State Courier* is a campus newspaper, written and produced with the help of students.

Among other functions, it is intended as a vehicle for student expression, and all students are urged to participate with submissions of written and artistic material.

The college seeks to fulfill the statement for academic

freedom in working with the students in the production of this paper.

All publications are subject to review by the Publications Action Group, which has been delegated the responsibility to review all college publications for content and accuracy.

The *Courier* is an equal opportunity employer and student organization. All students are encouraged to participate.



## Doctors

### From Page 1

tal as a child, maybe it's watching a show on TV, or maybe it's watching your daddy as you grow up.

That was the case for John Brandon, M.D., who grew up watching his father, long-time Tuscaloosa pediatrician Dr. Earl Brandon. "Growing up as a son of a physician, I knew what a physician's life was going to be like," Brandon says.

And one thing he remembers is that it was often hard for his dad to figure out what was wrong with his little patients from frantic phone calls; after all, with pediatrics most information comes to the physician indirectly. "Somewhere about junior high it came to me that talking to parents of patients, you were always getting information third-hand, which is, generally, what pediatricians do. I just decided it would be nice if you were that parent's physician, too. If you knew the grandparents, then you knew even more."

That explains family medicine, but how does the son of a T-town doctor end up plying his trade in Gordo? Surely a highly educated person would be tempted to bigger things? Brandon did, after all go to medical school in New Orleans. "After I got out of college and went to Tulane, I found out, sure enough, I didn't care anything about living in a metropolitan area. I came back to Tuscaloosa thinking, all along, that I might be here in Pickens County. Things just kind of fell into place."

Now Brandon has followed his family medicine calling for 23 years, most of the time in a clinic just off Hwy. 82 on the road that leads to Carrollton. He has put into practice the mindset he conceived as a boy and developed in med school: "I saw the ben-

efits of knowing, if not everybody in the family, most people in the family, their social history, work situation. Quite frankly, a lot of medicine, now, is not about writing a prescription but about understanding what people's problems are, giving good advice so patients know how to help themselves."

Brandon's professional life is busy and varied, typical of a rural health care provider. He sends patients to three different hospitals: Northport DCH, DCH and Carrollton. He sees all the patients he can handle and must now avoid taking on new ones. He has Saturday hours and some evening clinics.

He gets a number of emergency cases, like chainsaw cuts or falls from ladders, because he is the only doctor for about 10 miles around. But one thing Brandon does is unusual: he also finds time to work with the next generation of physicians through the University of Alabama's College of Community Health Sciences as the director of its Rural Scholars Program.

Brandon has been involved from the beginning in this intensive, comprehensive effort to identify and nurture future rural health care providers. "This is our eighth year. We will be selecting our ninth class on July 1. The first eight in that first class are finishing their residencies. Of those eight, five are going into rural communities in Alabama. Two will be in general pediatrics; one will be in Huntsville and one will be in Mobile. Seven of those eight first medical students will be in primary care; five of those seven will be in rural care. That's as good as any medical school in the country does as far as getting rural kids back into rural practice."

Dr. Brandon does many things to help people, from setting bones to volunteering with the sports teams in Pickens County. He thoroughly enjoys everything about being a country doctor—and doesn't plan to do anything else in his career. "I especially enjoy it now because I have this second job with the university which allows me to do things that will mean something 50 years from now, not just today and tomorrow."

**You too could become a country doctor—a rural health care practitioner. The University of Alabama's College of Community Health Sciences is looking for students who are smart enough, motivated enough, and care enough. If you are, they will be with you every step of the way.**

**If the life of a rural physician intrigues you, contact them at the department of community and rural medicine—(205) 348-1300.**

**John Wheat, MD, MPH, Professor of Community & Rural Medicine and Internal Medicine, is director of the UA Rural Scholars Programs. You can contact him at [jwheat@cchs.ua.edu](mailto:jwheat@cchs.ua.edu) or 348-1300.**

## Read the book. Think about the state. And, one day...meet the author



This fall, the *Shelton State Courier* plans to bring the author of a fascinating new book about the history of Alabama to campus. Over the next few issues, we will be telling you more and more about:

*Inside Alabama: A Personal History of My State*, by Harvey H. Jackson

Jackson loves a good paradox, and he delineates quite a few in *Inside Alabama*: "George Wallace owed his election to the very voters he had earlier tried to disfranchise. Of all the ironies in Alabama political history, this is one of the greatest."

*Inside Alabama* is available in fine bookstores throughout the state or on-line at [uapress.ua.edu](http://uapress.ua.edu).



Photo/SSCC Nail Tech Program

### Program nails community service

Shelton students Nikki Johnson and Jennifer Elmore give manicures on March 20 at the Senior Info Fair sponsored by Focus. The Nail Tech students also visited Davis-Emerson Middle School on Jan. 20 to teach the sixth grade about proper nail care and the importance of hand sanitation. On April 15, the students went to the Hannah Home for battered women to perform spa manicures.

## Free 'English as a Second Language' summer classes

Shelton State Community College's Adult Education Program will be offering 'English as Second Language (ESL) Classes' though the summer.

The free classes are offered at three different locations in Tuscaloosa: Monday and Thursday from 7 p.m. to 9 p.m. at Holy Spirit Catholic High School; Tuesday and Thursday from 12:30 p.m. to 2:30 p.m. at St. Francis Catholic Student Center and Sunday and Wednesday from 6 p.m. to 7 p.m. at Alberta Baptist Church.

For additional information on 'English as a Second Language Classes,' call Fran Turner at 205/391-2207 or Philip Johnson at 205/342-2766.

# COME JOIN US! WE HAVE AN ACCOUNT FOR YOU.

**NOW OPEN**  
**OFFICE IN SOUTH PLAZA SHOPPING CENTER. STOP BY TODAY!**  
**6570 HIGHWAY 69 SOUTH, SUITE J**



759-1529  
[www.ttcuweb.com](http://www.ttcuweb.com)





## Dream From Page 1

the Center and this campaign have lofty goals, to: "take someone who is unemployed or underemployed and give them some confidence in themselves and actually improve the quality of their life."

The Workforce Development Center, located at the Shelton State campus, is directed by Susan Miller and offers a program to train and develop skills for people who are willing to work to become a "Certified Alabama Worker." Miller also directs 10 other Focused Industry Training (FIT) Centers throughout West Alabama, which provide computer-assisted and one-on-one skills tutoring for clients.

With certification from either the Workforce Development Center at Shelton or the other 10 centers, employers can feel assured an applicant is qualified.

Clients--potential employees in West Alabama industries--receive up to 400 hours of training through this program. However, they may gain the skills they need in far fewer. It is the centers' job to assess the needs and build the skills necessary.

All unrestricted, private gifts to the capital campaign

will go to establish the creation of a tuition-assistance endowment. Now job seekers will have fewer obstacles standing in the way of a brighter future. The endowment will have the flexibility to help clients no matter what their problems are.

"The tuition assistance will provide for anything that keeps people from being gainfully employed," explains Drummond. "It could mean, under certain circumstances, providing support for such things as crutches or glasses, etc. It could mean helping them with transportation." The interest earned from the endowment will provide tuition assistance and scholarships to people willing to "apply themselves, work hard and advance," according to Drummond.

Local businessman and Shelton State alumnus Roland Pugh serves as honorary chairman for the campaign. Pugh, along with Campaign Director Tommy Hester and Shelton State President Rick Rogers have financial commitments from local businesses, community leaders and such public figures as U.S. Sen. Jeff Sessions, but they are looking for much more support. The project also has had some assistance from state agencies such as AIDT (Alabama Industrial Development Training) and ADECA



Tommy Hester (R) chairman of the \$3 million Workforce Development Center capital campaign talks with a guest at the Center's open house on May 19.

(Alabama Department of Economic and Community Affairs).

Drummond says the Work Force Development Center sees the big picture when it comes to employment. "Not only will math and reading skills be improved," he says, but "the training will also include how to dress, learn to be dependable, teamwork and how to understand such things as constructive criticism in the workplace."

The college's commitment to and enthusiasm for the endowment project can be seen in the words of President Rick Rogers. He was on hand

to thank Pugh who got the project rolling with a \$100,000 gift.

"I believe that this campaign, one of our most important ever, is appropriately named Building Futures because that is exactly what this funding will enable us to do. Not only will the Center be training and assessing entry level employees, it will also accommodate those in the workforce who are in need of flexible and immediate skill training, thus ensuring a better life for those employees and their families and also for the West Alabama economy as a whole."

## SSCC summer split term registration begins July 7

Onsite registration for second summer split term classes at Shelton State will be held on Wednesday, July 7. This option is available for current, returning, transient and transfer students. Please call 205/391-2900 or visit the Shelton State website at <http://www.sheltonstate.edu/> to register. The first day of second summer split term classes is July 8 and classes end on Aug. 10.

## College students may be ignoring the real dangers of drinking

By Elizabeth Strangis  
Staff Writer

Many Tuscaloosa area college students drink. However,

it is often asked if students are aware of the dangers of drinking.

While the use of other substances such as marijuana,

cocaine, pills, and other illegal substances is a problem among college students, studies show that drinking is the leading cause of bad grades, accidents, death and arrests in college-age students.

And half of the age group this affects is not even old

enough to buy beer.

According to MADD.com, the highest level of both binge and heavy drinking is young adults aged 18-25.

Studies have shown that excessive drinking is common in undergraduate students with the students tending to slow

down during their junior and senior years.

But do students really understand the dangers of their drinking? Most students and

See Drinking  
Page 6



### SSCC welcomes Hispanic community

School board member Sandra Hall Ray addresses members of the Hispanic community on the Martin Campus on April 26 for "Open Arms," a cooperative program to provide information on resources available to the Spanish speaking community of West Alabama. The event was sponsored by Shelton, UA, UA Spanish Outreach Program, Tuscaloosa Family Resource Center, United Way and the Hispanic Providers Network.

## DUNKIN'S PHARMACY



"We offer friendly and personal service without long delays."

7700 HWY 69 SOUTH Your friendly  
TUSCALOOSA, AL 35405 neighborhood  
345-4410 pharmacy

- Insurance Co-pay is the same at Dunkin's Pharmacy as at a large discount drugstore
- For cash customers, we offer very competitive prices
- Park at the front door or use our convenient drive-thru window
- We deliver to your home or office

STORE HOURS: MONDAY- FRIDAY 8:30AM-6 PM  
SATURDAY 8:30 AM-12:30 PM



# Shelton students urged to shun the sun

By Sarah E. Watkins  
Staff Writer

Cancer; the very word strikes fear in the hearts and minds of millions. Some cancer is preventable and some is not. Even though many people are terrified of the thought of having cancer, they still kill themselves slowly and unknowingly.

One of the most preventable types of cancer is skin cancer. Millions are scared of getting it, yet so many people still baste in the sun for hours, days at a time, for that deadly, golden, bronze glow.

Many people don't think of the consequences of tanning in the sun or tanning beds, and they don't know of the safe alternatives. Even if you aren't tanning on purpose and you're just outside to work, exercise, leisure around, etc., you still need to protect your skin.

Debra Phillips, a person who herself has had a skin scare and was happy to find out the mole she believed to be cancerous turned out to be benign, says, "At my last check-up, my doctor saw a mole that she didn't like and

wanted to do a biopsy on it." Phillips said she doesn't even try to get a tan, but she was burned a few times from the sun when she was younger. "People back when we were young didn't have knowledge about how dangerous the sun is; we didn't have good or powerful sunscreens, and we didn't have alternatives like natural looking self-tanners like people have today. So, while you are young, take advantage of this," Phillips said.

People who are at most risk for developing skin cancer are fair-skinned individuals and those who spend excessive amounts of time in the sun or tanning beds.

Local dermatologist Dr. Robert Bentley says, "There is no such thing as a safe tan." Bentley said self-tanners are good but you still need to wear a sun screen of some sort to protect you from the harmful rays of the sun. "When working full-time, I see probably one or two new skin cancer cases a day," Bentley said.

Bentley believes strongly in the "A-B-C-D" method of checking yourself for signs of skin cancer.

- Asymmetry
- Borders
- Color varied
- Diameter

If the mole is asymmetric, which means having half of the mole looking different from the other half, if the borders of the mole have irregular edges, if there are many different colors in the mole, or if the diameter of the mole is bigger around than about the size of a pencil's eraser, then you may want to check with a dermatologist to check for skin cancer.

There are three major types of skin cancer which are:

- Basal Cell Carcinoma
- Squamous Cell Carcinoma
- Melanoma

Basal cell carcinoma is the most common and the least malignant. Usually the cancer lesions occur on the sun-exposed areas of the face. They first appear as dome-shaped nodules that develop a pearly, beaded-edge central ulcer.

Squamous cell carcinoma usually comes in the form of a scaly, red, round elevation, and most often arises on the scalp, ear, lip, or hand. It usu-

ally grows fast and if removed soon, chance of complete cure is good.

Melanoma is the most dangerous skin cancer and accounts for only about 5 percent of skin cancers. However, its incidence is increasing rapidly every year. Melanoma can occur anywhere on the body.

It often appears as a spreading brown or black patch that grows rapidly around surrounding lymph and blood vessels. Early detection is a must for melanoma. Also, hope of survival is poor if the lesion is too big.

Too much sun, exposure can also play a role in damaging DNA. If the DNA is hit with large supplies of UV light, the situation is not good. Michael Aaron, a science teacher at Shelton State said, "If you are outside a lot, use a little common sense and wear a protectant; especially if you burn easily, double up on sun screen because people have found that the more you sun burn, the higher your risk of developing skin cancer."

The number one problem faced when trying to tell peo-

ple to stay out of the sun is their concern with wanting a golden tan to look better. Fortunately, there are many safe and natural-looking alternatives to getting a beautiful tan.

- Spray tan booths
- Self-tan lotions/foams
- Bronzer powders

Spray tan booths are becoming more widespread and popular. They can be found at many salons in town. You can purchase packages or pay as you go.

There are computerized ones and there are ones where an assistant will help spray you if you wish. Self-tanners are also very popular and the most common. You can purchase self-tanners at department stores or drugstores everywhere.

Self-tanners range in price to fit every budget. Bronzer powders are also very cost efficient and easy to find. Bronzers are especially good to use for the face, neckline, and shoulders.

For more information on skin cancer visit:

- [www.melanoma-skin-cancer.com](http://www.melanoma-skin-cancer.com)
- [www.skincancerinfo.com](http://www.skincancerinfo.com)



## Investing in Your Future.

**NBC**  
NATIONAL BANK OF COMMERCE

Are you ready for more?

Member FDIC



## Drinking From Page 4

young people consider it a harmless recreational activity, when it is definitely not.

Drinking impairs vision and train of thought and also impairs one's judgment. It's a fact, while under the influence, most people make choices that they would not make if they were sober.

Studies have shown that every 15 minutes someone dies in an alcohol related car accident. If not death, it can cause a person to lose their license, pay incredible amounts of fines and be stuck with probation. And that's after the time one could spend in jail.

As of April 14, the number of alcohol violations in Tuscaloosa this year was at 637.

Students that drink at an excess often show high risk of having an addiction. The more a person drinks, the higher the risk. Students often resort to getting drunk as a way of dealing with their problems.

As college and the routine of everyday life can become very unnerving, some are prone to pick up a bottle to 'relax' them. If students are not careful, this can become a lifelong struggle.

Alcohol can also provoke violence and vandalism. After a few beers, someone might find themselves more angry or irritable, which may cause arguments and fights.

Long-term effects of

drinking are even more severe. Excessive drinking can cause liver damage, stomach problems, depression and other serious health issues.

According to MADD, binge drinking is associated with lower grades among college students. Approximately five drinks per occasion are associated with a lower GPA by half a grade.

Many students end up withdrawing from classes because their partying left them not wanting to go to class, and they spent less time studying.

Tuscaloosa County has recently passed some ordinances to crack down on excessive drinking. There can no longer be indoor furniture outside your house or residence.

This ordinance has the intention of cutting down on drinking that takes place outside.

On April 24, the Alabama Senate voted to ban 19 and 20 year olds from bars. Most bars are currently 19 and up. The bill will now go in front of the House for consideration. This law should eliminate underage drinking in bars.

Overall, a lot of college students feel that drinking is just all in fun.

However, students everywhere should remember to make smart choices when it comes to drinking—including drinking in moderation, pacing themselves, not drinking and driving and making sure they're with people that will look out for them.

*Adapted from the Internet*

### Warning: the consumption of alcohol...

- May make you think you are whispering when you are not.
- Is a major factor in your thinking you can dance.
- May cause you to tell your friends over and over again that you love them.
- May cause you to think you can sing.
- May lead you to believe that ex-lovers are really dying for you to telephone them at four in the morning.
- May make you think you can logically converse with other members of the opposite sex without spitting.
- May make you think you have mystical Kung Fu powers, resulting in you getting your butt kicked.
- May cause you to roll over in the morning and see something really scary.

## After everything, I'm still jumping

By Kareem Ward  
Special to the Courier

I was born on Jan. 28, 1983 in York, Ala. I am the youngest of three boys. My life has been somewhat of a roller coaster. Although I am only 21, I have seen alot and been through alot also. I was an honor roll student until sixth grade, but my life started going downhill when I began to use drugs.

I had started hanging out with the wrong crowd and I ended up failing the sixth grade. Although I made up my coursework in summer school, my life wasn't the same after.

I made it to high school, but I failed my ninth, 10th, and 11th grade years. I really didn't care about school. all I cared about was smoking everyday and having fun.

My grades in the classroom kept me from playing basketball. The coaches offered my money to get my grades right to play my 11th grade year. But me, being me, I didn't care about the money or playing basketball at all.

I only realized I wanted to play high school basketball when there was a dunking contest at school. The gym was packed with students and teachers. I wasn't known for being a player, so everyone was surprised to see me in the contest. I knew I would shock

everyone with the dunk I was going to do.

My first dunk had everyone running onto the floor. The feeling I felt then just made me want to play. The next year, I was going to play. I had my grades up and the only thing I was waiting on was for practice to start.

On the day before practice started, I got into an altercation with a teacher. I ended up pushing the teacher in the chest. I was suspended for a week, and then I had to meet with the superintendent. He expelled me for the rest of the year. I cried for a minute. But after I got my hands on something to smoke, I was OK.

I ended up going to another school for a month, but then I dropped out. Many people started to doubt me after I dropped out of school. But I believed in myself the entire time. I knew I was going to go back to school, and that I was going to graduate-and I did.

Toward the end of school, I got a chance to try-out for Shelton State, and I made the team. Everyone was shocked that I was graduating and that I had a scholarship to play ball. I was finally getting the chance to play organized ball.

During my first year at Shelton, we won the state championship. We also set a record for the most wins in school history. Then the roller coaster started again. My sec-



Shelton basketball player  
Kareem Ward

ond year at Shelton was much different. I went through a series of injuries that lasted the whole season. I had two knee surgeries within a one-month period. My knees bothered my the entire season. It was like a nightmare to me.

I couldn't contribute to my team and that was very hard. I really wasn't totally ready to play until the season was over. However, there was a bright spot. I won the Alabama Junior College Slam Dunk Contest held during All-Star weekend in April.

I have signed to continue my basketball career at the University of West Alabama. It is only twenty minutes from my home. Yes, my life has been a struggle. But knowing that I blew so many chances in high school just makes the opportunities I have been given at Shelton and UWA even more special.

## Tuition From Page 1

support the many facets of the institution. The president and the administration will always seek to maintain the correct

balance between these increases and the impact they ultimately have on our students and our community."

### SHELTON STATE COMMUNITY COLLEGE RESIDENT TUITION

FALL 2004

CREDIT HOURS	TUITION	MAINTENANCE FEE	TECHNOLOGY	TOTAL
1	\$72	\$9	\$9	\$90
2	\$144	\$18	\$18	\$180
3	\$216	\$27	\$27	\$270
4	\$288	\$36	\$36	\$360
5	\$360	\$45	\$45	\$450
6	\$432	\$54	\$54	\$540
7	\$504	\$63	\$63	\$630
8	\$576	\$72	\$72	\$720
9	\$648	\$81	\$81	\$810
10	\$720	\$90	\$90	\$900
11	\$792	\$99	\$99	\$990
12	\$864	\$108	\$108	\$1,080
13	\$936	\$117	\$117	\$1,170
14	\$1,008	\$126	\$126	\$1,260
15	\$1,080	\$135	\$135	\$1,350



# Looking for something to do... Check out these students' hobbies

## Shelton student keeps family tradition of racing speeding along



Racing at Birmingham International Speedway with her brother and father is a favorite pastime of Shelton student Crystal Spradlin.

By Crystal Spradlin  
Staff Writer

Racing is a sport that is loved by most. People of all ages are interested in the sport, but only a few actually know what it's like.

Round track racing is what I do on the weekends. At Birmingham International Speedway, Dixie Speedway in Sayre and Huntsville Speedway are the tracks nearby. They are asphalt tracks ranging from a quarter of a mile to half of a mile around.

The tracks are small, but depending on the division you are in, your speeds range from 60 to 100 mph. There are at least 10 competitors on the track. The corners are tight, and the front and backstretch are short when needing to advance to a higher position.

These tracks use a points system, and at the end of the season, competitors are awarded with a trophy and track title. During the season they are rewarded with cash prizes according to the place they finish.

These tracks are where Mike Harmon, Davey, Bobby, and Clifford Allison all started out before they made it to NASCAR.

There are many drivers that are out there each weekend to have fun and others are out there dreaming to make it big. I fall into the last category: I hope one day I will be able to find a sponsor and race at Talladega Super Speedway.

There are several divisions that drivers may race in: mini-modified, open-wheels, modified lights, street stock, late

model, pure street, American buzz, hog cars, and the last two are all time favorites: demolition derby and figure eight.

It takes time, money, and knowledge to build a race car. Drivers need to know the rules of each track before they start building or else they can end up wasting money and time.

Competitors also have to have spare parts for when they are involved in a wreck.

If you are seriously interested in building a race car, it could take up to five hard days and estimating \$3,500 for a mini-modified. And that is just a base price to get the car out on the track. After it is on the track you will probably be buying more parts and tires for the following race.

Anyone may race at the tracks as long as you follow the safety guidelines. You can find all of the rules and safety guidelines in a rule book from the track or online.

This is a fun sport that guys and girls can be involved in. I encourage more girls to come out and see what the sport is all about.

I have built my mini-modified and have enjoyed the time that I was able to spend with my dad and brother who also race. This is a family oriented sport and will continue to grow as long as we pass down the knowledge that we have.

For more racing experience and information, try BIR on Friday nights and Sayre on Saturday nights. All races begin at 7. Visitors can even come in the pit area to get hands on experience.

## Communicating the old fashioned way

By Jason Spencer  
Staff Writer

Shortwave radio is a very interesting hobby for students to get into. For those that wish to just learn more about the world that they live in or to just get a different spin on world views and opinions, short wave definitely is a plus.

Shortwave broadcast comes from all different countries from around the world. The United States government uses two main short-wave stations to broadcast its points of view.

Voice of America, or VOA news, broadcasts in a variety of languages to many parts of the world to people wanting a different opinion of world news.

Radio Marti, mandated by congress, is mainly aimed towards Latin America, Cuba and many islands in the Caribbean. Radio Marti aired in Spanish and has many different cultural, musical and news programs.

Though Radio Marti is heard around the Caribbean, as well as VOA, it is often hard for Cubans to hear these stations because Cuba is known to intentionally jam American stations.

Over my years of listening to shortwave radio, I have heard many stations around the world and also received many materials from those stations that encourage a positive outlook on their nation.

Radio Taiwan is one of my favorite stations. They have a

variety of programs both in English and in Chinese broadcast to Americans.

QSL, radio jargon for confirmation of contact, is often sent in the representation of a card to one that has submitted a QSL report. QSL reports often ask the listener about the quality of sound and of programming heard on the station. Many stations have been sending these out since short-wave radio first hit the scene around the mid 1900's during the boom of commercial radio.

You may note on short-wave that there are several categories of broadcast stations. One particular genre would have to be the religious

station.



Religious stations broadcast day and night and are often the first stations that you hear on the dial.

Other types of stations include news stations such as the British Broadcasting Corporation (BBC news), and Deutsch Welle (German for German Wave). These stations broadcast news in many world languages around the clock.

Other stations provide a cultural service that teaches the native language of the stations as well as the current cultural events taking place.

Many stations just broadcast an even variety of programs spanning from the cultural to world news.

For those interested in visiting a foreign country, it would be very beneficial to listen to their shortwave broadcast.

Also, for those that are from other countries, using a shortwave radio offers the opportunity to listen to the current events in their homeland in their native language.

There are many benefits to listening to shortwave radio. Most stations value their listeners and send them small gifts just for listening.

E-mailing these stations allows the listener to give input on the programming heard.

If anyone is interested in getting into this hobby, the best way is to simply go to a Radio Shack and ask around for a short-wave radio. They can cost anywhere from \$25 to \$2,500 depending on what your needs are.

Usually the radios above \$200 have features that are not for the novice user, so a cheap radio will usually suit your needs.

In the age of television and telecommunications that can broadcast information around the world in a flash, it is often a great relief to hear it the old fashioned way of tuning in like your grandparents did.

### Martin Eye Care

Hillcrest Shopping Center

**Comprehensive Eye Exams**

Contact Lenses, Clear and Color

Freshlook® Acuvue2®

CoverGirl Colors®

**Emergency Eye Care**

Designer Frames

Ralph Lauren® Nike®

Calvin Klein® Kenneth Cole®

& more

10% discount on materials with Student I.D.

**Marston C. Martin, O.D.**

**344-5111**



# Get Real



Students at the University of Montevallo  
master the subjects of their choice.

Perhaps more importantly, the liberal arts foundation  
of a University of Montevallo education  
allows students to develop the critical-thinking skills  
required for success in their careers,  
their communities, their lives.

At UM, we believe preparation for the real world  
is the most important education of all.

*Educating for Life*



**University of Montevallo**

*Alabama's Public Liberal Arts University®*